

# Tots to Teens

## Town of Granby Youth Service Bureau

### Granby Youth Service Bureau Invites You to Discover the CYSA

What is the CYSA and why is it important to Granby residents? **Connecticut Youth Services Association (CYSA)** is the professional association for Connecticut Youth Service Bureaus. In Granby, we are fortunate to have one of Connecticut's 99 Youth Service Bureaus. Although our Granby YSB is only 10 years old, it is a part of CYSA, which, for 30 years has remained a source of hope for children, youth and families in Connecticut. Each of the 99 Youth Service Bureaus (YSB) is as unique as the town or city it serves. YSBs provide direct counseling services, referrals and follow up services for children and families. YSBs seek to identify and fill gaps in services to children, youth and families. In addition, YSBs provide opportunities for all youth to function as responsible members of their communities. Even in Granby, the needs are great.

**How can you as an individual, group or organization be a part of this effort?** There are several ways: If you provide services for youth, we'd love to hear from you. Youth groups, youth employers, clubs, and youth education programs provide ongoing resources to youth and families. Let us know about your group so that we can help connect youth to you. If your church, community or civic group is interested in learning more about Granby Youth Service Bureau and the CYSA, we would be happy to schedule a presentation for your organization. **And finally, if you have resources or ideas to contribute to Granby YSB, please don't hesitate to call.** When you think of children, youth and families in Granby, we hope you will also think of the Granby Youth Service Bureau, and we hope to meet with you soon.

### Y.A.C., Positive Impact for Teens

By Lauren Perrault and Marquia Walton, Y.A.C. members

The Granby Youth Service Bureau recently began a new group focused on promoting youth awareness and community service. Composed of students from grades 8 through 12, this group, the **Youth Action Council (Y.A.C.)**, meets monthly to discuss the issues of our town. Striving to make a positive impact upon the community of Granby, the members of Y.A.C take action through service activities and group collaborations.

To date, Y.A.C. has met with members of the Granby police force to



**Y.A.C. members at a recent meeting**

discuss current issues concerning teenagers' relationships with the police. They have also taken an essential role in helping to coordinate the Grandparent's Day Breakfast hosted at the Senior Center in April.

It is apparent that with this dynamic group of young individuals, there will be a variety of viewpoints and ideas represented to efficiently address the needs of Granby's youth.

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# Recognizing Depression in Your Child

Has your child lost interest in the things he/she used to enjoy? Has your high school aged child's eating or sleeping patterns changed significantly in recent months? It can be difficult to gauge whether children are experiencing normal developmental changes or if their behavior indicates something of greater concern. According to a recent study sponsored by the U.S. Centers for Disease Control and Prevention, one third of teenagers report having experienced at least one episode of depression. Given the prevalence of depression, what symptoms should parents monitor?

**Ages 6 – 12 years:** Physical complaints (unexplained headaches, stomachaches, nausea, etc.), school difficulties (including poor behavior), negative self-statements ("I'm so stupid"; "Nobody likes me," etc.), fatigue, boredom/apathy, eating disturbance, lack

of motivation, decreased concentration, and anxiety (expressed worry or physical symptoms).

**Ages 12 – 18 years:** Suicidal thoughts/statements (treat immediately), feelings of hopelessness, social isolation, drug/alcohol abuse, restlessness, feelings of guilt for no reason,

*THE APPEARANCE OF SYMPTOMS DOES NOT NECESSARILY INDICATE CLINICAL DEPRESSION.*

overeating or sleeping, feelings or outbursts of rage.

As a parent or concerned adult, what can you do if you are worried? First, talk to your child. This may be diffi-

cult! Children often struggle when talking to their parents about such negative feelings. Keep the lines of communication open. Let your child know that if they don't feel like talking to you today, you will be there for them whenever or wherever they need you. Because depression may last for months to years, make it clear to your child that you know he is feeling bad but that he doesn't have to feel that way forever. DO NOT expect your child to define their feelings for you or to have reasons for feeling the way they do. Although concrete explanations exist to explain feelings of depression, (e.g. personal traumas or deaths of loved ones, including pets); often depression has no definable causes. Finally, talk to your pediatrician, family doctor, school guidance counselor or a mental health professional if you are concerned. If your child is depressed, seek professional

## For Middle School Parents: Resources and Networking

**The Granby Coalition Coalition to Stop Underage Drinking** continues to have a large membership of parents, community members and high school students. This year's Coalition focus is to work with parents of middle school students to assist them to identify risky behaviors for young teens and the ways parents can be instrumental in helping their children make healthy decisions. This will be done through two avenues:

1. Creation of a voluntary Directory for Parents enabling parents to call each other to find out information about parties and activities their children are interested in attending. The directory

**If you would like to learn more about hosting a Networking Night or the Granby Coalition to Stop Underage Drinking, please call Cindy Garrey at 860-844-5354.**

will also offer guidelines for parents concerning hosting parties and allowing their children to go to parties.

2. Networking Nights hosted by parents of middle school students in which Granby Coalition members and parents get together to talk about their perceptions of what middle school students are exposed to and share ideas about how they can assist their children to make positive choices.

## BE THERE Program Offered 6th Graders a Warm Spot this Winter

YSB's new 13-week "Be There" after school program proved to be a great success with many pleasant surprises. Sixth grade students met at the Senior Center and Youth Services Building for "relaxation and interaction." Students played a variety of board and parlor games, pool and ping pong each week under the supervision of Program Coordinator Cindy Garrey. A dozen students, one high school aged assistant

and two senior citizen volunteers completed the group. Student evaluations were extremely positive, with comments like, "I give it a 10 because everybody was nice and it was so much fun" and "It was a good time to get together, and you can meet new friends."



**"Be There"  
A great place to be after  
school!**

Parents and guardians expressed gratitude that their children were involved in playful activities without the use of batteries, computers or other technology.

# W.O.W.! (Women on the Way)

## For High School Girls: Something to Do — and Way More...

Try something new! It's an idea that appeals to many, but finding something new can be difficult. If you're a high school girl, we've got something new and it's designed specifically for you!

You may have heard about W.O.W.! But if you haven't tried it yet, we have one last session this school year for you to try. Each week W.O.W.! offers the chance to discover, question, hang out and — try something new. With a new professional presenter each week, you'll find your list of accomplishments, interests and experiences

growing right away. This Spring's lineup includes: Gourmet cooking with a professional chef; summer fitness with a personal trainer; Guys and relationships and much, much more! Great snacks, time to chat and fun, interactive activities round out the W.O.W.! experience. W.O.W.! isn't

**Next W.O.W.! Session dates:  
April 7, 14, 28; May 5, 12, 19,  
26 and June 1 & 8**

**Register Now!**

cliquey; it isn't high pressure; it isn't intimidating and it is never dull. W.O.W.! is fun. For more information, a brochure or application, please

stop by the Senior Center and Youth Services Building, call 844-5355 or check with Mrs. Walsh in the high school office. Make W.O.W.! that "something new" that you look forward to each week!

## 8th Grade Girls, something for you, too

At the 8th grade level, Granby YSB offers Y.W.O.W.! (Young Women on the Way!) This in-school program features topics especially suited to the growing needs of 8th grade girls. For more information or to join Y.W.O.W.!, please call 844-5355 or ask Sue Sojka, Granby Middle School guidance counselor.

# Y.E.S. for Kids, Parents, and Community Members

## Youth Employment Service

("YES") is designed to help community members find the help they need, while providing opportunities for local kids to gain experience and earn some money. Essentially, people who need jobs done are referred to youth who want to work. Here are some important points of the program:

- **Kids** can fill out our simple application listing skills and job interests.

- **Adults** can submit an application describing the work they need done (yard work, babysitting, cleaning, tutoring, etc.)

- **Granby Youth Services**

**For Y.E.S. forms to print at home:  
[www.granby-ct.gov/](http://www.granby-ct.gov/)  
click "Town Departments"  
click "Youth Services"  
click "Youth Employment Service"**

matches kids with adults in the community based on job requirements and location.

- Some jobs may be ongoing while others are one time.
- Applications are free, for referral only and do not obligate the employer or employee in any way.

*For more information or to fill out a application, stop by Granby Youth Services or call 844-5355.*

## April 20, Grandparent Breakfast

*You won't want to miss this community favorite!* A grandparent & grandchild breakfast will be held at the Granby Senior Center:

Wednesday, April 20 at 8:30 a.m.

Dennis Moon, talented singer and story-teller, will provide the entertainment.

Come for pancakes, sausage, juice, coffee and lots of fun. **The grandparent/child relationship can be genetic or a friend or neighbor.**

Cost is \$2 per adult, \$1 per child. Sign up at 844-5352 or 844-5355.



**The Grandparent Breakfast is a great opportunity for intergenerational fun!**

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## **Town of Granby Youth Service Bureau**

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*We're always interested in  
your ideas and feedback!*

We're on the Web!  
Search: Youth  
Services, Granby, CT

**Granby Youth Service Bureau** offers direct counseling and counseling referrals. The YSB promotes positive youth development through: the Granby Youth Employment Service, opportunities and referrals for community service, after school and evening youth programs, youth leadership training, youth advocacy and workshops for parents.

For additional information and current newsletter updates, please call 844-5355 or visit our website:

**[www.granby-ct.gov/Public\\_Documents/GranbyCT\\_Social/youth](http://www.granby-ct.gov/Public_Documents/GranbyCT_Social/youth)**

Or enter "**Youth Services, Granby, CT**" into your search engine.

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## **The Computer Buddy Program for Middle Schoolers**

### **Senior Citizens Learn from The Experts!**

The Computer Buddy Program pairs middle/high school students with senior citizens to help older folks get answers to their questions about computers, word processing and the Internet. In addition, this program helps to build relationships between middle school students and senior citizens. Youth are offered the role of "expert" or "instructor." The result is a highly empowering program for youth and seniors alike. After just one session, a senior citizen commented while using the pointer on her computer screen, "Yes, it is turning into a hand. That is just what Derek [a middle-schooler] said would happen. He is such a good

instructor."

The next program begins Tuesday, March 22 and runs for four Tuesdays. Transportation is provided at 2:30 from the Middle school to the Senior Center and Youth Services Building. Parents should be available to pick up the students at 4:00. To sign up for this fulfilling program, please call Peg Giles at 844-5352 or request an application at the Granby Memorial Middle School office.



The Computer Buddy Program is grant-funded. The Hartford Foundation for Public Giving funds the computers and van transportation. The North Central Area Agency on Aging, Inc. also funds the instruction.